



**RAMSTEIN AIR BASE, Germany** — U.S. Air Forces in Europe Commander Gen. Robert H. "Doc" Foglesong thanks the USAFE enlisted corps for his induction into USAFE's Order of the Sword here Aug. 26, as Command Chief Master Sgt. Gary G. Coleman looks on. (Photo by Airman 1st Class Megan Carrico)

## COMUSAFE honored with Order of the Sword

**Master Sgt. Mona Ferrell**  
USAFE News Service

**RAMSTEIN AIR BASE, Germany** — Before a packed house at the Ramstein Officers' Club, the U.S. Air Forces in Europe commander was bestowed the enlisted corps highest honor Aug. 26.

Gen. Robert H. "Doc" Foglesong, who's led USAFE since August 2003, was inducted into the command's

Order of the Sword before nearly 600 enlisted members and guests representing every base within the command.

General Foglesong credited his father for the characteristics that got him where he is today.

"My dad was an NCO in the United States Navy and he spent four years in the South Pacific," the general said as he held his dad's dog tags up high. "I learned about work ethic,

dedication, and I learned about commitment and taking care of your people from Red Foglesong. He brought those NCO characteristics back home with him ... so, I know what NCOs do."

These same characteristics are found in today's Airmen, said the general.

"I know that the NCOs in our Air

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## Project Connect: *Officers connect through mentorship*

**By Capt. Melissa Waheibi**  
**65th ABW Public Affairs**

Project Connect is a program designed to encourage mentorship between Air Force leaders and junior officers, helping guide careers as well as personal goals.

Project Connect is one of the 15 combat and special interest programs started by USAFE Commander Gen. Robert H. Foglesong.

"Project Connect provides focus and tools for experienced leaders to mentor young leaders," said Lt. Col. Anne Sproul, 65th Medical Operations Squadron commander and Lajes Field Project Connect program manager. "Through the mentoring process, leaders are developed and Air Force culture and core values are reinforced."

Company-grade officers can take their pick of prospective mentors from an internal USAFE database that has a biography of every senior leader.

Project Connect has many different components including Flag Talks and the Mission Driven Mentoring (MDM) web-based tool. Flag Talks provide a forum for

General Officers and senior leaders to mentor officers in a group setting.

"These officers are selected because they possess unique experiences and expertise not found in any other officer group," said Lt. Col. Sproul.

"The MDM web-based tool is used to facilitate

mentoring by providing a forum for more experienced personnel to counsel and enhance the individual professional development of officers on a one-on-one basis," Lt. Col. Sproul added.

Capt. Lisa Tauai, Health Promotions Element chief, appreciates the guidance from her mentor. "My mentor is Col. Mark Welter who I have known for 2 years while stationed at the Air Force Academy. His mentorship has proven invaluable to me in my ongoing quest to strengthen my skills as an Air Force

officer."

Here at Lajes, all CGOs are required to register in the Project Connect database and choose a mentor from Lajes or another base.

Data on personnel registered and connected is collected monthly and reported to wing leadership at the CSIP meetings.

"The two most important things an officer can do after arriving at

Lajes are register and pick a mentor. Choosing a mentor an important aspect of registering because it is the 'Connect' portion of Project Connect," said Lt. Col. Sproul. "Our goal is to have 90% or more of our CGOs connected to a mentor."

"We have approximately 95 of the sharpest Air

Force officers here at Lajes and by getting to know one another and working as a team, we can help lead the wing to awesome accomplishments," said Lt. Col. Sproul.



## *Labor Day ends 101 Critical Days of Summer* *Be safe, keep guard up this weekend, always*

Labor Day Weekend signifies the end of 101 Critical Days of Summer, which began Memorial Day weekend.

"Although we are nearing the end of a traditionally high mishap period, we still have one more extended weekend in the critical 101 days of summer campaign," said Col. Jack Briggs, Director of Safety.

"We need to continue our vigilance and ensure we

continue to stay safe. With the fall season quickly approaching, new risks such as increased rain, reduced hours of visibility, and schools returning to session will require our increased attention."

The primary threats continue to stay the same. They include impaired driving, failure to wear seat belts, driving too fast for conditions and driving while tired.

"Countermeasures are only a decision away," he said.

Team Lajes is encouraged to buckle up and be responsible while driving.

Supervisors and commanders should encourage troops to be wingmen and have a plan. A good plan means having a designated driver if there is going to be alcohol involved.

"Take the time to ask the important who, what,

where, when, and how questions related to weekend plans and help them if you feel they haven't covered all the bases," Colonel Briggs said.

"Take full advantage of this labor day weekend. Spend time with your family and friends, but look out for them and manage risk smartly."

*(Courtesy of the USAFE Safety Office)*



## Force shaping Phase II evolves for officers in fiscal 2006

**By Master Sgt.  
Mitch Gettle  
Air Force Print News**

**WASHINGTON** — The Air Force's officer corps is overmanned by about 4,000 Airmen.

In fiscal 2005, the Air Force's voluntary force shaping initiatives successfully reduced the size of the active duty population to its congressionally authorized level of 359,000.

However, the fiscal 2006 budget trims the Air Force down to 357,400 Airmen.

The new population target shows the Air Force will

have an overage of officers.

"The Air Force is still experiencing a surplus in officers, particularly in the junior grades," said Brig. Gen. Glenn F. Spears, Air Force director of force management policy. "We will continue our force shaping efforts until the proper balance and skill mixture is achieved."

The general said that if the situation were left unresolved, these additional officers would constrain the service's readiness and operational effectiveness.

Air Force officials recently announced the next

force shaping Phase II evolution to address the officer surplus, waiving recoupment of unearned portions of some bonuses and education costs.

"Some of the Air Force programs where recoupment is not pursued include transfers to the Guard or Reserve via Palace Chase, Limited Active Duty Service Commitment waivers, ROTC cadet disenrollment and interservice transfers to the Army via Blue-to-Green," the general said.

Eligibility criteria differs among the programs and interested officers are en-

couraged to consult information presented at the Air Force Personnel Center Force Shaping Web site at [www.afpc.randolph.af.mil/retsep/shape2.htm](http://www.afpc.randolph.af.mil/retsep/shape2.htm) or their military personnel flight.

"By further expanding the voluntary force shaping opportunities, the Air Force will continue to shape the force for future operational challenges," General Spears said. "These recoupment-related initiatives offer additional means for those officers who were considering leaving active duty, but did not want to owe the government."

### **ORDER** *from Page 1*

Force are the steel in our back," said General Foglesong. "They are the service-before-self patriots who give their all without blinking an eye – all for the sake of serving this great nation of ours.

"We have the greatest NCO corps in the world," the general continued. "We are the most respected and feared Air Force in the world and I unequivocally blame the people in this room for that."

Touted as an 'Airman among Airmen and a leader among leaders,' on the Order of the Sword proclamation, the general's induction is the highest award the Air Force enlisted corps can bestow upon a person.

"I can't think of anyone more deserving," said Chief Master Sgt. Gary G. Coleman, USAFE command chief master sergeant and sergeant major for the ceremony.

"His support and guidance for the enlisted force are unparalleled," Chief Coleman said. "We are honoring a great leader. The general's sincere personal concern for the men and women in this command, combined with his outstanding leadership has catapulted USAFE to new heights of performance and combat readiness – all while providing superior services

that have allowed our Airmen to grow spiritually, mentally and physically."

Most of these services have come by way of the 15 Combat and Special Interest Programs General Foglesong has instituted since taking the USAFE Flag.

"Whether looking at Combat Education, the high-energy events of Project CHEER, or the countless quality of life initiatives we've enjoyed over the past two years, the total dedication and passionate concern our commander has for our enlisted Airmen and their families is readily apparent," said Chief Coleman.

Humbly considering himself unworthy of the honor, General Foglesong said his induction into the Order of the Sword is the highlight of his career.

"This (is) the high-water mark in my 33 years of service," the general said. "Nothing will top all of you being here tonight."

General Foglesong is the sixteenth inductee into the USAFE Order of the Sword.

The award is a tribute presented by the enlisted corps and patterned after two orders of chivalry founded in Europe during the Middle Ages – The Royal Order of the Sword and the

Swedish Military Order of the Sword. Both orders still exist today.



*Acting as sergeant major, U.S. Air Forces in Europe Command Chief Master Sgt. Gary G. Coleman escorts USAFE Commander Gen. Robert H. "Doc" Foglesong into the commander's Order of the Sword ceremony here Aug. 26. See page 3. (Photo by Staff Sgt. Shannon Kluge)*



## Women honored at equality luncheon

**Staff Sgt. Christin Michaud**  
**65th ABW Public Affairs**

More than 140 men and women of Team Lajes joined to honor women's continuing efforts during the Women's Equality Day Luncheon Aug. 26 at the Top of the Rock Club.

Col. Denise Lew, 65th Medical Group commander served as guest speaker.

The day focused on and recognized women's achievements throughout the years.

Colonel Lew shared her story about what a woman goes through.

As a group commander, she has the responsibility of ensuring the medical and dental services maintain the highest degree of readiness for Team Lajes. But that isn't her only job. She has another one that some would say is even harder. Colonel Lew is a mother.

One of the challenges of being a female professional and having a family is it's like having two full-time jobs, according to Colonel Lew. "Women bear the brunt of raising a household," she said.

Luckily, most women are naturally

suited for it, and seem to master the art of multitasking.

"I feel busy," Colonel Lew said, "but not overwhelmed."

As a single mother of 14-year-old Leslie, Colonel Lew spends much of her off-duty time planning for the next day or helping her daughter with homework.

"I run out of day before I run out of things to do," said Colonel Lew.

She referred to women as the Energizer bunnies of society.

"Women are the essence of human life," said Ray Jackson, 65th Medical Operations Squadron drug testing program manager, during the luncheon. "Women have the job of molding us men from children to what we are today."

Women continue to be heard, said Tech. Sgt. Lisa Nelson, 65th Air Base Wing Military Equal Opportunity office. "Eighty-five years ago, we won the right to vote and we haven't stopped fighting."

When Colonel Lew received her commission in 1984, being a female colonel was unheard of in her career field, but that didn't deter her.

It wasn't until 1992 that a female

in the medical service corp reached the rank of colonel. Today Colonel Lew is one of 30 O-6s to ever make it.

She credited her nine mentors for her success, only three of which were female.

"My mentors influenced every assignment and led my path every step of the way – they inspired me," she said.

People, she said, can succeed if they are open to learn by those who guide them. "Don't demand respect, earn it," said Colonel Lew. "The most important thing in your career is your reputation."

One of the things women can do to help others succeed is to "turn around and hold our hand out to those who follow behind us," she said.

Kim Winston, wife of Col. Robert Winston, 65th ABW commander, closed the luncheon by saying "Women's equality has come a long way. Women today continue to seek their full potential – whatever that may be – as a stay-at-home mom or pursuing a career outside the home. Their individual worth continues to impact families, communities and our country."

## Meet The New Commander

**Lt. Col. Gregory Williams**  
**65th Communications Squadron**

**Hometown:** Oklahoma City, Okla.

**Time in service:** 17 years

**Previous assignment and job:** Chief, ISR Applications Branch, Pentagon, Washington, D.C.

**What do you look forward to the most during your time here?** Seeing my children adapt and thrive here in the Lajes community. This is a great community atmosphere and people should take advantage of the resources available.

**What's the most rewarding part of being a commander?** Seeing the unit and individuals in the unit succeed in accomplishing the mission of the wing.

**Goal(s) for the unit:** Con-

tinue to foster the esprit de corps, stay combat ready, and have fun getting the mission done.

**Hobbies:** First my kids, Computers (no surprise) and then sports of all types, (both watching and participating, and my kids.

**Who's your role model?** Why? I have two. First is my father, a retired Air Force senior master sergeant, who taught me how to have fun while working as well as instilling great corps values in me. Second is retired Brig. Gen. Steven A. Roser. I was his executive officer at Travis Air Force Base. He taught me many valuable lessons about commanding and supervising.





## Space-A travel accessible with EML

By Staff Sgt. Christin Michaud  
65th ABW Public Affairs

People stationed at Lajes Field are authorized a different type of leave that works to their advantage.

Traditionally, most people take ordinary leave; but here they are authorized Environmental Morale Leave.

EML is leave authorized at an overseas installation where adverse environmental conditions require special arrangements for leave in desirable places at periodic intervals.

Those intervals vary based on the length of the tour.

Members stationed here for 24 months are entitled two EML trips per year: one only to the continental United States and one to an overseas location.

"If they do not take them for that year, they do not roll over," explained Senior Airman Brandi Davis, 65th Mission Support Squadron.

Members here for 15 months are entitled two trips during their tour — one to the CONUS and one OS.

The purpose of EML is to make use of Department of Defense-owned or -controlled aircraft to supplement in-country leave schedules established to carry out basic leave programs.

Commercial flights leaving Lajes Field can be costly. Due to that, many people rely heavily on military flights to get back to the states, or to travel.

Funded EML authorizes members DoD-owned or -controlled air transportation from EML duty locations for purposes of taking leave in an EML destination site.

Military members on ordinary leave who travel Space-A are in category three.

By electing EML leave instead, members move up to category two. The only Space-A people who have priority over those in category two are individuals on emergency leave who fall into category one.

Most people who have EML leave authorization make the Space-A flights, according to the passenger terminal here, although they stressed the best times to fly are off season, in the fall and spring.

There are two kinds of EML leave, funded and unfunded.

Lajes Field is authorized funded EML leave, which means its members are not charged leave for time spent en route to and returning from an EML destination site.

Leave begins the day after the member arrives to their destination and ends the day before the member returns to Lajes Field.

"There are a lot of people who miss out on the opportunity to use this benefit," said Airman Davis.

"EML is a fabulous way to take a Space-A flight home or just to travel the world," she said. "People should take advantage of it."

Members need to apply for EML, at the latest, two weeks before the requested sign-up date.

"This gives enough time to route through the appropriate approving officials, and to process the request," she said.

Family members who are traveling without their sponsor may be entitled to their sponsor's EML leave; however, they fall into category four for Space-A travel.

For more information about EML leave, or to sign up, contact your unit commander's support staff.

### Categories of Space-A travel

The following is a partial listing of eligible individuals and their category of travel.

**Category 1** - Emergency Leave

**Category 2** - Environmental Morale Leave status

**Category 3** - Ordinary Leave

**Category 4** - Unaccompanied Dependents on EML and DODDS Teachers on EML During Summer; Dependents traveling under the EML Program, unaccompanied by their sponsor

**Category 5** - Permissive TDY, Students, Command Sponsored Dependents.

**Category 6** - Retired Uniformed Services members and dependents when accompanied by their sponsor.

## News Briefs

### Post office closure

Post Office will be closed today and Monday. Due to the closure parcel pick up hours have been extended to 4 p.m. Saturday.

### Chief testing cycle

All senior master sergeants eligible for the testing cycle should have been notified by their commander's support staffs of their testing date. Below are the eligibility criteria, testing information and how to pull DVRs. Members are responsible for obtaining a copy of their DVR prior to testing to ensure all information is correct. For details, call Staff Sgt. Jamie Xenos at 2-1363 or Master Sgt. Shannon Parker at 2-2334.

#### Eligibility criteria:

- DOR on or before Mar. 1, 2004
- TAFMSD on or before Dec. 1, 1992
- TEMSD on or before Dec. 1, 1996
- HYT Dec 05 or later
- No projected retirement effective before Jan. 1, 2006
- PES code must be X, B, D, S, E, or Y
- Promotion eligibility cutoff date (PECD) is July 31.

**Test/board dates:** Test administration period is Sept. 13-16. The 05E9 chief master sergeant Central Evaluation Board will convene Oct. 11-21.

**DVRs:** Eligible members are required to obtain/review their DVRs on the Virtual MPF using the instructions posted on the Enlisted Promotions website, <http://www.afpc.randolph.af.mil/eprom/>.

### Gas mask inserts

The Optometry Clinic will be open for walk-in appointments between 2 and 4 p.m. Wednesday for active-duty members who do not have current gas mask inserts. During this time, active-duty members can get a new prescription and order a pair of current gas mask inserts. This is not for contact lenses. Routine eye exams can be scheduled through the appointment line at 2-3261.



## Proper precautions help to avoid identity theft

**By Staff Sgt.  
Christin Michaud  
65th ABW  
Public Affairs**

During a routine check of his bank account, one Airman here discovered a debit that wasn't his.

On Feb. 21, Senior Airman James Ellison, 65th Medical Operations Squadron, fell victim to identity theft.

Identity theft occurs when someone possesses or uses your name, address, Social Security number, bank or credit card account number without your knowledge with the intent to commit fraud or other crimes.

When Airman Ellison accessed his Andrew's Federal Credit Union bank account online, he found an automatic teller machine withdrawal for \$305. There was an additional one on Mar. 1 for the same amount.

He hadn't made these withdrawals and he had his ATM card in front of him.

Somehow, someone in Ukraine got his bank account information and possibly his pin number.

"It was like they knew I was military, because each one was shortly after pay day," he said.

After contacting his bank, Airman Ellison received his money back. However, the incident cost him some money as well as his time. "I had to pay to wire money from one account to another."

In addition to wire transfer fees, in order to receive his money, his bank required him to have a signed affidavit from the police. Luckily, with some help from the security forces squadron, the issue was straightened out in just under three months. It wasn't the end of

it though. He had to contact the credit bureaus and have his name flagged to prevent anything else from happening. He also had to close his bank account. "I couldn't close it over the telephone," said Airman Ellison. "I had to wait until I went on leave stateside to close it."

Identity theft isn't reported often here, but there have been cases, explained Tech. Sgt. Thomas Versichelli, 65th Security Forces Squadron investigator, who teaches an identity theft class to Airmen in the First Term Airman Center.

"Every year people should go to the three credit bureaus and request a credit report," said Sergeant Versichelli.

Beginning this month, each American is entitled to a free copy of his or her credit report every 12 months from the three major credit bureaus.

To order a free annual report from one or all the national consumer reporting companies, visit [www.annualcreditreport.com](http://www.annualcreditreport.com), or toll-free 877-322-8228, (to make a toll-free call, call the Dover Air Force Base operator at DSN 445-3000 and ask to be connected to a toll-free number) or complete the Annual Credit Report Request Form and mail it to: Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348 5281. The form can be printed from [www.ftc.gov/credit](http://www.ftc.gov/credit).

Identity thieves can use a variety of techniques to obtain information, according to the FTC.

Some of the most common ways are stealing records from employers, bribing an employee who has access to the records, conning information out of employees,



*Photo by Master Sgt. Michael Featherston*

or hacking into the organization's computers.

They rummage through your trash, trash of businesses, or dumps in a practice known as dumpster diving, according to the FTC.

Other ways are by obtaining credit reports by abusing their employer's authorized access to credit reports or by posing as a landlord, employer or someone else who may have a legitimate need for and a legal right to the information.

They steal credit and debit card account numbers by skimming, steal wallets and purses containing identification and credit and bank cards, steal mail, including bank and credit card statements, pre-approved credit offers, new checks or tax information or complete a "change of address form" to divert mail.

They steal personal information from your home.

They scam information from you by posing as a legitimate business person or government official.

Sergeant Versichelli recommends people watch their receipts and mail. "One piece may not be enough information, but two put together can.

"Never throw anything in the trash can by the

ATM," he stressed. "That trash can, should be empty." It's important never to throw away any receipts, or bank and credit card statements. They should be shredded.

If an identity thief does get a hold of personal information, they can use credit and debit card numbers for withdrawals and purchases, open new accounts, change the mailing address on existing accounts, obtain auto loans, establish phone service (both home and cellular) and much more.

Anyone who believes he/she may be a victim of identity fraud can contact: Equifax: 1-800-525-6285, [www.equifax.com](http://www.equifax.com); Experian: 1-888-EXPERIAN (397-3742), [www.experian.com](http://www.experian.com); and TransUnion: 1-800-680-7289, [www.transunion.com](http://www.transunion.com).

Safeguarding personal documents and routinely checking accounts and credit reports could help prevent individuals from falling victim to identity theft.

"Keep checking your accounts," Airman Ellison advised.

It helped him flag his account before more damage could be done.



# COMMENTARY

## Director sends back-to-school message

**By Diana J. Ohman**  
**Director, DoDDS-Europe**

Across Europe, teachers are returning to schools and classrooms refreshed from the summer recess and prepared to begin a new school year. No time of year is more invigorating for schools and educators. As I talk to principals and teachers at our 109 schools, I am continually impressed with the energy and dedication that each of you contributes in creating an outstanding school system for our military and civilian families serving overseas.

School Year 2005-2006 promises to be another successful year. Once again, our TerraNova scores indicate that student achievement is high. We still have some work to do to reach the goals we established in our Community Strategic Plan. Many administrators, educators and other staff members have been involved with staff development during the summer, highlighting the commitment of our educators and support staff to their own professional growth.

New curriculum materials in some subjects will greet students as they arrive next week. Renovations and face lifts in classrooms and school facilities during the summer will improve the learning and work environments for students and staff.

However, the new year won't be without its challenges. As many of you return, you are learning more details about the continuing transformation of America's forces in Europe.

Our planners are working closely with EUCOM and USAREUR officials to determine an orderly schedule for any consolidations or closures that

will occur. We are committed to ensuring that all staff members are kept aware of transition plans as they evolve so that you can plan appropriately.

Family support will remain an important secondary mission for us. As the new year begins, many of our parents are preparing to deploy this fall or winter. We know how important our schools are to military families as a stabilizing force during family separations.

The routines that teachers create and the continuing focus on teaching and learning foster a sense of normalcy that helps children and families cope with the various stages of deployment. Our commitment to military families has never been stronger. When military members are away during deployments, we'll be there to help in a community wide effort to take care of their children.

In these turbulent times, safety and security are a critical concern. Take time to review our security and evacuation procedures. Listen carefully to the advice of commanders, principals, and force protection personnel. Participate fully in drills to ensure that our procedures will prevent any type of situation, which could endanger our students or employees.

In spite of these challenges, each new school year brings wonderful opportunities for us to help all students succeed. That, as always, is our primary focus as we move ahead. To all staff members, I offer a warm welcome. I extend my best wishes for a great start to a new school year. I look forward to meeting many of you as I visit schools throughout the year.



### Commander's Line

**Call 2-4240 or**  
**e-mail**  
**[actionline@lajes.af.mil](mailto:actionline@lajes.af.mil)**

The Commander's Line is your direct link to me for suggestions, kudos and as a way to work problems or issues within the 65th Air Base Wing for which you can't find another solution.

Your chain of command should always be your first option for praise or problems -- but when that's not the answer, call or e-mail the CC Line.

Items of interest to the base population may be published in a future issue of the *Crossroads*.

Thank you!

**Col. Robert Winston**  
**65th Air Base Wing**  
**commander**



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*The Crossroads staff encourages its readers to call or e-mail with ideas or corrections. Call 2-3347 to speak to a Crossroads staff member or e-mail [news@lajes.af.mil](mailto:news@lajes.af.mil).*

#### Lajes Field Editorial Staff

**Col. Robert Winston** ..... Commander  
**Capt. Melissa Waheibi** ..... Chief, Public Affairs  
**1st Lt. Michael Hyland** ..... Deputy Chief, Public Affairs  
**Staff Sgt. Marcus McDonald** ..... NCOIC, Public Affairs  
**Staff Sgt. Christin Michaud** ..... Crossroads Editor  
**Eduardo Lima** ..... Community Relations Adviser





## Biscoitos Wine Festival Saturday

By Eduardo Lima  
Community relations adviser

Question: **When does the wine festival take place?**

Answer:

This year the wine festival will take place Saturday in the village of Biscoitos.

The festival kicks off at 2:30 p.m. with a parade between the Wine Museum located at Canada do Caldeiro in Biscoitos, and the vineyards located next to the seafront, where participants will be invited to help with the picking of the grapes.

Following that, the parade heads back to the wine museum where participants can crush the grapes with their bare feet inside a tank in the traditional way it used to be done many years ago. Visitors will also have the opportunity to taste the new wine juice that flows from the wine presses.

Members of a local folklore group dressed with old traditional costumes will also participate in these events and perform throughout the afternoon. The wine festival is open to everybody who wishes to participate or watch.

### Wine Museum

The Wine Museum, which is open to the public year round, is the only museum of its type on Terceira Island.

If you decide to visit it, your first stop will be the wine cellar where the wine presses are located. This is where people crush the grapes with their bare feet during the vintage season, which runs from late August until the middle of September. It's in this cellar the winery produces the country renowned "Verdelho" wine and "Vinho de Cheiro," along with the sweet liquor made of wine called "Angelica" and some other brandies.

Huge casks made of American and European wood can be seen in another area of the cellars where the wine ages

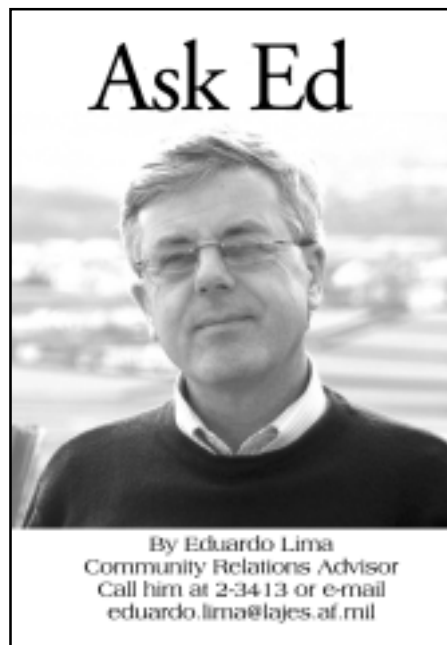
for nine to 12 years. After aging, the wine is bottled by hand and sold.

The museum, located above the wine cellar, depicts the history of wine production in the village since the beginning of the 20th century.

Items on display include the tools used to work the vineyards, such as hoes, pruning sheers, baskets and axes. There are also displays of old carpentry tools, ox carts, 19th-century wine presses, old British gin bottles — used to carry the Verdelho wine to the Czars of Russia, and old photographs showing various tasks associated with the harvesting of grapes.

Senhor Francisco Maria Brum, a descendent of Dutch settlers, founded the winery in 1890. Fernando Brum, his grandson, presently owns it.

After touring the winery and museum, guests are usually asked to taste the different types of wines and liquors. The winery also has items available to



purchase as souvenirs.

Every year, in September, the museum sponsors a week-long festival known as "Festival of the Vintage." It features several activities related with the harvesting of grapes, as well as performances by folklore dancers and conferences about the production of wine.

The Wine Museum is open Tuesday-Sunday from 10 a.m.- 5:30 p.m. Admittance is free.



*Courtesy photo*



## National Cholesterol Month good time to look at health

**By Staff Sgt. Jerry Thompson**  
**NCOIC Health Promotions**

September is National Cholesterol Education Month, and is a great time to take strides to reduce your cholesterol and maximize your overall health.

Cholesterol is a soft, fat-like, waxy substance found in the bloodstream and in all body cells. It's normal to have a specific level of cholesterol within the blood stream as it plays an important part of a healthy body. It's used for producing cell membranes and some hormones, and serves other important bodily functions.

With the proper lifestyle modifi-

cations, reducing blood cholesterol level can be easier than imagined. One of the first steps is to eat more foods low in saturated fat and cholesterol and engage in an active lifestyle.

Here are some other simple dietary and exercise guidelines:

- Watch calorie intake by eating a wide variety of foods low in saturated fat and cholesterol.
- Eat at least five servings of fruits and vegetables every day.
- Eat six or more servings of cereals, breads, pasta, and other whole-grain products.
- Eat fish, poultry without skin, and leaner cuts of meat instead of high-fat cuts of meat.

· Drink fat-free or 1 percent milk dairy products rather than whole-milk dairy products.

· Enjoy 30-60 minutes of vigorous activities on most days of the week.

· Maintain a healthy weight.

To get a jump start toward heart healthy cooking, there will be a cooking demonstration at the family support center at 5 p.m. Wednesday.

For information about lowering your cholesterol or other methods to prevent elevated cholesterol, or to sign up for the class, call the Health and Wellness Center at 2-3889. Capt. Lisa Tauai, the base Registered Dietitian, can assist Lajes personnel with all of their nutritional concerns.

## Sports Timeout

### Intramural bowling

Units planning to participate in the 2006 bowling season must turn in their entry letter to the 65th Services Squadron's athletic department by Tuesday. No entries will be accepted after this date. Leagues begin Sept. 6. A team meeting of all coaches and team captains takes place at 10 a.m. Tuesday in the community center. For details, call 2-1290/295-549-1290.

### Game coverage

The Crossroads staff is continuously looking for sports coverage. Unit sports representatives interested in coverage of games for future issues of the *Crossroads* can e-mail [news@lajes.af.mil](mailto:news@lajes.af.mil) to receive a Sports Form. Photos of games may also be submitted. For more information, call 2-3347.

### Aerobic classes move

The Chace Fitness Center has moved all of its aerobics, cardio kickboxing & circuit training classes to the Fitness Annex T-629. If you have any questions please contact Tech. Sgt. Mary Davis at 2-5151.

### Bowling

A Friday night mixed bowling league will be at 6:30 p.m. Sept. 9 at Hillside Lanes.

Teams can consist of two men/two women, three women/ one man or one woman/three men.

A pregame meeting will begin at 6 p.m. For details, call Todd Katz at 2-5217 or [todd.katz@lajes.af.mil](mailto:todd.katz@lajes.af.mil) if interested. People can also sign up at Hillside Lanes.

### Golf Course

As a reminder, the dress code for the golf course is collared-shirts and pants or shorts. No jeans or T-shirts are allowed.

## Group Fitness Classes

The following group fitness classes will be held at the skating rink in the fitness center annex, Bldg. T-629 until further notice. For details, call 2-5151.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6 a.m. Spin w/ Dawn		6 a.m. Spin w/ Dawn		
8:30 a.m. Step w/ Val	8:30 a.m. Circuit training w/ Val	8:30 a.m. Step w/ Val	8:30 a.m. Circuit training w/ Val	8:30 a.m. Step w/ Val	9 a.m. Yoga w/ Val
Noon Spin w/ Val				Noon Spin w/ Val	9:15 a.m. Circuit training w/ Celia
4 p.m. Cardio w/ Val		5:15 p.m. Step w/ Val		4 p.m. Cardio w/ Celia	10:15 a.m. Spin w/ val
5:15 p.m. Step w/ Val	5:15 p.m. Cardio kick w/ Val	5:15 p.m. Spin w/ Celia	5:15 p.m. cardio kick w/ Val	5:15 p.m. Spin w/ Celia	
5:15 p.m. Spin w/ Celia	6:30 p.m. Spin w/ Val	6:20 p.m. Body sculpt w/ Val	6:30 p.m. Spin w/ Val		
		7:30 p.m. Yoga w/ Val			



# PLANNER

## Meal time

**Burger King:** 7 a.m.-9 p.m. Sun.-Thu.; 8 a.m.-10 p.m. Fri., Sat.

**Frank's Franks:** 11 a.m.-6 p.m., Tues.-Sat.

**Oceanview Island Grill:** Lunch 11 a.m.-11 p.m. Mon.-Sun. Specials, with fries or salad & drink: Mon., roasted chicken or meatball sandwich; Tue., 16" 2-topping pizza; Wed., fried shrimp; Thu., 16" 1-topping pizza or taco salad; Fri., lasagna. Pizza specials only come with drinks.

**Subway:** 10 a.m.-9 p.m. Mon.-Fri.; 10 a.m.-8 p.m. Sat.; noon-6 p.m. Sun.

**Top of the Rock Club:** Diner at the TORC has changed to 5 to 9 p.m. Tuesday through Sunday in the main lounge. The lounge food menu (Bits & Bites) is expanded to include steak and chicken dinners. This temporarily replaces the previous dining room experience as they transition to a contract operation for food at the TORC. Club members receive \$2 off dinner. Sunday service starts Sept. 11 when the lounge opens for NFL Sea-

son and football frenzy.

Lunch and Saturday brunch remain unchanged. Lunch is 11 a.m.-1:30 p.m. Mon.-Fri.; brunch 8:30 a.m.-noon Sat.; Lunch buffets & specials: Mon., Southern buffet; Tue., Mexican buffet; Wed., Italian buffet; Thu., Oriental buffet; and Fri. seafood buffet.

## Chapel

**Daily Mass:** 11:30 a.m. Tue., Wed., Thu. and Fri.

### Monday

Protestant women's spiritual fitness training, 7 p.m.

### Tuesday

Charismatic prayer 5 p.m.

### Wednesday

Men's spiritual fitness training/lunch, noon; Catholic choir practice 5 p.m.; traditional choir practice 6 p.m.; hand bell choir practice 7 p.m.; men's bible study, 7 p.m.

### Thursday

Gospel choir practice 7 p.m.

### Sunday

Celebration of Holy Communion 8:30 a.m.; Protestant traditional service 9 a.m.; Confes-

sions, Sunday at 9:30 a.m. or by appointment. Catholic Mass 10:30 a.m.; Gospel service, noon; Protestant teens/youth 6 p.m.

## Base services

**Barber shop:** 8:30 a.m.-6 p.m. Mon.-Fri.; 8 a.m.-4:30 p.m. Sat., 2-3396

**Beauty shop:** 10 a.m.-6 p.m. Tue.-Sat., 2-4124

**Child development center:** 7 a.m.-5:30 p.m. Mon.-Fri., 2-3188

**Community activities center:** 10 a.m.-8 p.m. Tue.-Sat.; noon-5 p.m. Sun., 2-4135

**Commissary:** 10 a.m.-6 p.m. Mon.-Wed., Fri., Sat.; 10 a.m.-7 p.m. Thu., 2-6174

**Chace Fitness Center:** 5 a.m.-midnight Mon.-Fri.; 8 a.m.-7 p.m. Sat., Sun., 2-5151

**Dry cleaners:** 9 a.m.-1 p.m. Mon.; 10 a.m.-6 p.m. Tue.-Fri.; 10 a.m.-4 p.m. Sat., 2-3163

**Flight View BX:** 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m. Sun. & Portuguese holidays, 2-5236

**Gas station:** 10 a.m.-5 p.m. Sun., Mon. (gas only); 10 a.m.-6

p.m. Tue.-Sat., 2-5125

**Library:** 4-9 p.m. Mon.; 10 a.m.-9 p.m. Tue.-Thu.; 10 a.m.-6 p.m. Fri.; 10 a.m.-5 p.m. Sat., Sun., 2-3688

**Manicure shop:** 10 a.m.-6 p.m. Tue.-Sat., 2-2493

**New Car Sales:** 10 a.m.-6 p.m. Tue.-Wed.; noon-8 p.m. Thu.-Sat., 2-3173

**Ocean Front BX:** 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m. Sun., 2-3444

**Outdoor recreation:** 10 a.m.-7 p.m. Tue.-Sat.; 11 a.m.-7 p.m. Sun., 2-4140

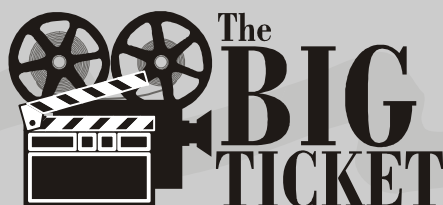
**PFCU:** 11 a.m.-4 p.m. Mon.-Thu.; 11 a.m.-5 p.m. Fri., 295-543-681

**Shoppette:** 9 a.m.-11 p.m. Mon.-Sat.; 10 a.m.-8 p.m. Sun., 2-3280

**Skills development center:** noon-8 p.m. Tue.-Thu.; 10 a.m.-6 p.m. Fri., Sat., 2-5255 or 295-575-255

**Thrift shop:** 10 a.m. to 2 p.m. Mon., Wed. and Fri. and the 3rd Sat. of the month. 2-3567 or 295-573-567

**Vet clinic:** 9 a.m.-3 p.m. Mon.-Fri.; 1-7 p.m. 1st, 3rd Wed., 2-3134 or 295-573-134



**Today: 7 p.m. "Fantastic Four,"** rated PG-13.

When an experimental space voyage goes awry, four people are changed by cosmic rays. Reed inventor and leader of the group gains the ability to stretch his body, and takes the name, Mr. Fantastic. His girlfriend Sue, gains the ability to turn invisible and create force fields, calling herself the Invisible Woman. Her younger brother Johnny gains the ability to control fire, including covering his own body with flame, becoming the Human Torch. Pilot Ben is turned into a super-strong rock creature calling himself Thing. Together, they use their unique powers to explore the strange aspects of the world, and to foil the evil plans of Doctor Doom.

**Today: 10 p.m. "High Tension,"** rated R.

**Saturday: 7 p.m., "The Island,"** rated PG-13.

Lincoln is a resident of a seemingly utopian but contained facility in the mid 21st century. Like all of the inhabitants of this carefully controlled environment, Lincoln hopes to be chosen to go to the The Island - reportedly the last uncontaminated spot on the planet. But Lincoln soon discovers that everything about his existence is a lie. He and all of the other inhabitants of the facility are actually human clones whose only purpose is to provide spare parts for their original human counterparts.

**Sunday: 2 p.m., "Fantastic Four"; 7 p.m. "The Island"**

**Wednesday: 7 p.m., "High Tension"**

**Thursday: 7 p.m., "Fantastic Four"**

**Note:** Movies and times shown are subject to change. For details, call the base theater at 2-4100/295-57-4100.

## AFN Sports

[myafn.net](http://myafn.net)

### Friday

#### AFN-Sports

NFL Yearbook: 2004 Atlanta Falcons, 5 p.m.  
NFL Yearbook: 2004 Cleveland Browns, 5:30 p.m.  
NFL Yearbook: 2004 Cincinnati Bengals, 6 p.m.  
NFL Yearbook: 2004 Detroit Lions, 7 p.m.  
NFL Yearbook: 2004 Minnesota Vikings, 8:30 p.m.

### Saturday

#### AFN-Atlantic

College Football: Bowling Green at Wisconsin, 4 p.m.

College Football: Washington at Air Force, 7:30 p.m.

#### AFN-Sports

NFL Preseason: Denver Broncos @ Arizona Cardinals, 3 a.m.

MLB: St. Louis Cardinals @ Houston Astros, 7 a.m.

Tennis: 123rd U.S. Open Tennis: Men's & Women's Second Rounds, 11 a.m.

College Football: TCU at Oklahoma, 4 p.m.

### Sunday

#### AFN-Atlantic

College Football: Notre Dame @ Pittsburgh, 4 p.m.

MLB: Texas Rangers @ Minnesota Twins, 8 p.m.

#### AFN-Pacific

MLB: Cincinnati Reds @ Atlanta Braves, 5 p.m.

USA Soccer: World Qualifier, Mexico @ USA, 8 p.m.

#### AFN-Sports

NASCAR Busch Series: Ameritrust 300 California Speedway, noon.



# EVENTS

Submission deadline is Thursday one week prior to publication. E-mail announcements in normal text with event, location, date, time, point of contact's full name and phone number/e-mail address to [news@lajes.af.mil](mailto:news@lajes.af.mil). For on-base numbers, dial 295-57 and the last four digits.

## Street bullfights

**Saturday:** 6 p.m., São Bras; 6 p.m. Fonte do Bastrado

**Sunday:** 6 p.m. Fonte do Bastrado

**Monday:** 6 p.m., Vila Nova; 6 p.m., São Bartolomeu

**Tuesday:** 6 p.m., Vila Nova; 6:30 p.m. São João de Deus, Angra

**Wednesday:** 6 p.m. Cabo da Praia; 6:30 p.m. Raminho

**Thursday:** 6 p.m. Cabo da Praia; 6 p.m. Raminho

## Other local events

### Biscoitos wine festival:

This year the wine festival will take place 2:30 p.m. Saturday in the village of Biscoitos. See page 8 for more details.

## Base events

### Lighter side of cooking demo:

The Health and Wellness Center is sponsoring a Lighter side of cooking demonstration for healthy heart cooking 5 p.m. Wednesday at the family support center kitchen in Bldg. T-126 in honor of national Cholesterol Education month. To sign up, call 2-3889.

**AFSA Burrito Sale:** The Air Force Sergeants Association is sponsoring a drive-by burrito sale 7:30 to 9:30 a.m. in the commissary parking lot to raise money for the Air Force Ball in October. The cost of the burritos is \$2.

## Education center

**Tuition Assistance** The last day for issuing tuition assistance for fiscal year 2005 will be close of business Sept. 21. After this date, the issuing of TA will resume Oct. 1. It is important that students coordinate these dates with their respective registration periods; taking into consideration their TA balances. Tuition assistance issued after Oct. 1 will

be out of FY 06 funding when student accounts will be replenished.

**OU classes:** University of Oklahoma will be holding a free Public Service Seminar on Wednesday. The topic will be on American Culture, and the lecturer will be Professor, Rodger Randle. Everyone is welcome to attend.

Spousal Tuition Assistance deadline for Term II is Sept. 23.

The next course being offered for the Fall is HR 5072-220, "Creative Problem Solving," an elective course toward a Master's degree in Human Relations degree. The course dates are Oct. 18-23. For more information call Jaclyn Kemp at 2-3171.

**Central Texas College:** Multiple Microsoft Certification classes are available for both MCSE and MCSA preparation. Call 295-576-722 or 2-6722 for more information or stop by CTC in Bldg. T-400.

**ERAU Registration Deadlines:** Embry-Riddle is holding registration for the next on-site course, SFTY 345, through Sept. 23. For more information, contact Terra Schellig at 295-573-375 or 2-3375. The Embry-Riddle office will be through Sept. 13 for the European Regional Conference.

## Volunteer/jobs

**LYP instructors needed:** The Lajes Youth Program is looking for qualified instructors for karate, dance, tumbling and cheerleading to teach classes for the LYP. For details, call Laura Niswonger at 295-571-197.

**Services vacancies:** The following positions are vacancies or anticipated vacancies within the 65th Services Squadron: recreation aid and school-age program assistant for the youth center; recreation aid at the community activity center, a club operations assistant for the Top of the Rock Club, and a child development program assistant. To apply for any of these positions, visit the 65th SVS Hu-

man Resources Office in Bldg. T-112. For more information, call the HRO staff at 295-572-200 or 2-5200.

**Family Child Care providers:** The family member program here is seeking individuals to become family child care providers in their homes on base. Providers set their own fees and hours. Training and resources are provided. Each provider may care for up to six children including their own with a limit of two children under the age of two. They may also choose to watch a maximum of three children under the age of two instead. For details on becoming a provider, call Kimberly Moore at 295-571-332 or 967-894-095.

**Mildly Ill Care Provider:** Lajes Field is seeking a Mildly Ill care Provider. In the MIC Program, child care is provided in specially contracted Air Force licensed or affiliated family child care homes. These homes feature providers who have received specialized training from medical staff and provide child care services for children ages four weeks through twelve years who have mild illnesses or conditions that prevent them from using their usual group care arrangements. For more information about becoming a mildly ill care provider, call Kimberly Moore at 295-571-332 or 967-894-095.

**Administrative volunteers:** Lajes Elementary School is in need of administrative volunteers. If interested, call 295-573-491 or 2-3491. Volunteer opportunities are available during the summer and the upcoming school year.

**Girl Scouts:** The Lajes Girl Scouts are looking for adult volunteers. Troop meetings begin in September and all team members must be in place and trained. For details, contact Toni Leonard at 295-549-514 or Box 1050.

**Lunch monitors:** Lajes schools have paid lunch monitor positions open. To apply, visit the elementary school office and pick up an application from 8 a.m. to 3 p.m. weekdays.

For more information, call 295-573-491 or 2-3491.

**Crossing guards:** The elementary school needs adult volunteer crossing guards. Help is needed in the morning and afternoon during the times children are arriving and departing each school day. For details, call the school at 295-576-216 or 2-6216.

**Bus monitors:** Lajes is looking for volunteer bus monitors for the upcoming school year. If interested, contact Janet Ross at [janet.ross@lajes.af.mil](mailto:janet.ross@lajes.af.mil) or 295-571-314 or 2-1314.

**Elementary teachers:** There are Elementary teacher positions for certified DoDDS Teachers for local hire. For more information, call Paula Carnley at 2-3491 or e-mail [Paula.Carnley@eu.dodea.edu](mailto:Paula.Carnley@eu.dodea.edu).

**Subs needed:** Lajes high and elementary schools need substitute teachers for the school year. Pick up applications at either school between 8 a.m. and 3 p.m. weekdays. For details, call Paula Carnley at 295-573-491 or Lori McCoy at 295-574-151 or 2-4151.

**Bank job:** Pentagon Federal Credit Union has a job opening for a branch service representative. Previous banking experience preferred. DEROS must be after March 2007. Apply at Bldg. T-202 or call 295-513-221 for more information.

**Legal office volunteers:** The 65th Air Base Wing Legal Office is looking for volunteers to help answer phone calls and do light administrative work. If interested, call 2-3546.

## Closures

**LYP Snack bar:** The snack bar in the LYP will be closed all day from Sept. 12-14. The 65th Civil Engineer Squadron will be upgrading/installing the fire suppression system in the Youth Center kitchen. For information call Kim Moore at 2-1332.

**Locker rooms/Sauna:** In preparation for the fitness center locker rooms, the Saunas have been turned off. For details, call 2-5151.





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## School Information

**Lajes Elementary School Open House:** The high school open house will be Thursday from 4 to 5 p.m. for all parents and students to meet with teachers and administration.

**First day of school:** Kindergartners begin Tuesday; Sure Start begins Sept. 19. For more information, call Janet Ross at 2-1314 or 295-571-314.

**Drop boxes:** Box top and food labels, which allow the elementary school to get free items, can now be dropped off at either the post office or the elementary school.

**Extra parking:** Extra school parking is available beside the school by the playing field near the youth center. Parents should park at this location and walk to pick up their children to prevent a traffic jam.

**Meal program:** Parents interested in the free/reduced price meal program can e-mail [janet.ross@lajes.af.mil](mailto:janet.ross@lajes.af.mil) for an application.

**Bus application:** Parents who live off base and haven't turned in a bus application to Janet Ross for their children to be picked up by the bus can e-mail [janet.ross@lajes.af.mil](mailto:janet.ross@lajes.af.mil) for an application. For more information, call 2-1314 or 295-571-314.

**Parent volunteers:** Lajes Schools are in need of volunteers to serve on the Parent Advisory Committee, School Advisory Board and Parent Teacher Organization. Presidents, secretaries, parent representatives, and more are needed.

For more information, call the Elementary Parent Advisory Committee: 2-3491, 295-573-491, or e-mail [Silverio.Demelo@eu.dodea.edu](mailto:Silverio.Demelo@eu.dodea.edu); Middle/High School Parent Advisory Committee: e-mail [Robert.Brown@eu.dodea.edu](mailto:Robert.Brown@eu.dodea.edu); 2-4151 or 295-574-151; the Lajes School Advisory Board: [Roger.Alves@lajes.af.mil](mailto:Roger.Alves@lajes.af.mil); 2-5228 or 295-575-228; the Lajes Parent Teacher Organization: 2-4151 or 295-574-151 [Lori.McCoy@eu.dodea.edu](mailto:Lori.McCoy@eu.dodea.edu).

## Miscellaneous

**New Thrift Shop Hours:** Beginning Wednesday, the thrift shop will be open from 10 a.m. to 2 p.m. every Monday, Wednesday and Friday and the 3rd Saturday of each month.

**African American Heritage:** The African American Heritage Committee will meet at noon every 3rd Thursday of the month at the Sun and Sand Hut. For more information, call Master Sgt. James Keiler at 2-6844 or Staff Sgt. Cheick Bah at 2-3606.

**Legal office change:** The legal office will be closing at 3 p.m. every Wednesday for training. The claims briefing time has been changed from 3 p.m. to 2 p.m. Wednesdays. For more information, call 2-3546.

**Share the music contest:** Tops in Blue is conducting a survey to find out about their fans. Anyone who completes the survey will have a chance to win one of many iPod prizes including a 20GB iPod, Shuffles, iPod accessories and iTunes. Log on to [www.topsinblue.com](http://www.topsinblue.com) for a chance to win.

**Heartlink:** Do you want to learn more about what it is like to be a part of the military? If you are a civilian spouse, you can join Heartlink and find out more about the Air Force. Meet new spouses, play games and come to have fun. Enjoy a free "chicken Alcatraz" lunch and a cooking demonstration. You could win an Alcatraz pot along with other prizes.

Childcare certificates are available. Call the family support center at 2-4138 or 295-574-138 to sign up.

**Furniture at AAFES:** The Army and Air Force Exchange Service sells furniture from 10 a.m. to 5 p.m. Saturdays in the warehouse in Bldg. T-800 (near the 65th Security Forces Squadron and OSI). For more information, call Laura Meyer at 295-573-209 or 2-3209.

**DRMO:** The DRMO is open to customers 8:30 a.m. to 3:30 p.m. Monday through

Thursday. Customers can call 2-3358 to schedule an appointment to drop items off at DRMO. They are closed to customers on Friday, American and Portuguese Holidays.

## Chapel

**AWANA Volunteer Training:** 9 a.m. Saturday at the base chapel. For more information call Chaplain (Capt.) David Knight at 2-4211.

**Canned Food Drive at Mass:** 10:30 a.m. Sunday at Mass at the base chapel. For more information call Chaplain (Capt.) Matthew Glaros at 2-4211.

**Catechism Teacher Training Workshop:** 12:30 p.m. Sunday at the base chapel. For more information call Chaplain (Capt.) Matthew Glaros at 2-4211.

**AWANA:** 6 p.m. Tuesday at the chapel. For more information call Chaplain (Capt.) David Knight at 2-4211.

**Confraternity of Christian Doctrine:** 9 a.m. Sept. 11 at the chapel. For more information call Chaplain (Capt.) Matthew Glaros at 2-4211.

**Rite of Christian Initiation for Adults:** 6 p.m. Sept. 11 at the chapel. For more information call Chaplain Glaros at 2-4211.

**Sunday School:** 10:30 a.m. Sept. 11 at the chapel. For more information call Chaplain Knight at 2-4211.

**New Creation Café:** 7 p.m. Sept. 16 at Eddies Place. For more information call Chaplain Knight at 2-4211.

**Men's Spiritual Leadership Training/Breakfast:** 8 a.m. Sept. 17 at the chapel. For more information call Chaplain Knight at 2-4211.

**SUM Dinner:** 5:30 p.m. Sept. 22 at the chapel. For more information call Chaplain Glaros at 2-4211.

**Catholic Youth of Chapel Meeting:** Sept. 24 at the chapel. For more information call Chaplain Glaros at 2-4211.

**Little Flowers Girls' Club:** 3 p.m. Sept. 26 at the

chapel. For more information call Chaplain Glaros at 2-4211.

**Movie night:** 7 p.m. Sept. 30 at the chapel. For more information call Chaplain Knight at 2-4211.

## Classifieds

*Submit ads via e-mail to [news@lajes.af.mil](mailto:news@lajes.af.mil). Ads are due by 5 p.m. Friday. Please remember to notify the Crossroads when items have been sold.*

For sale: Play train table with six plastic storage drawers underneath. Sells for \$150 but only asking \$100. Call Michelle at 295-549-771.

Large calico cat free to a good home. Very friendly, fixed, shots up to date and comes with litter box and food bowl. Call Michelle at 295-549-771.

For sale: 2000 Chevy Malibu, silver. PCSing. Must sell. Will Negotiate. \$7,000 O.B.O. Call Monique 295-515-667 or 969-592-189.

Free packing peanuts. For more information contact Andy or Kimberly at 295-549-741

For sale: 20" Hitachi dual voltage TV \$100 Call Scott at 295-549-353 or e-mail: [scott.healey@lajes.af.mil](mailto:scott.healey@lajes.af.mil)

For sale: 1988 Lincoln Town Car \$850 Runs well, has no overdrive. Many new parts included. Inspection good until Sept 2006. Call Keith at 295-542-317 or 2-4151.

Wanted: looking for area rugs in blue or neutral colors. Call 295-516-031 or 2-3347.

Wanted: Little Tykes or Step Two play yard in good condition for toddler. Please call 295-516-031.

Dehumidifiers: Furnishings Management Office has dehumidifiers for military family housing and off-base residents. Call Staff Sgt. Juan Carrillo at 2-1241.

For Sale: Complete Mess Dress for about a 6 foot male. Separating, once used, immaculate condition. Best Offer. Call 965-356-789

For Sale: Two electric, portable room heaters. Work great for taking out the damp winter chill off-base. 220V. \$20 and \$30 respectively. Call 965-356-789

For Sale: 1991 Chevrolet 4X4 Blazer. \$2,500 OBO. Inspection good until June. Call 295-542-042 if interested.